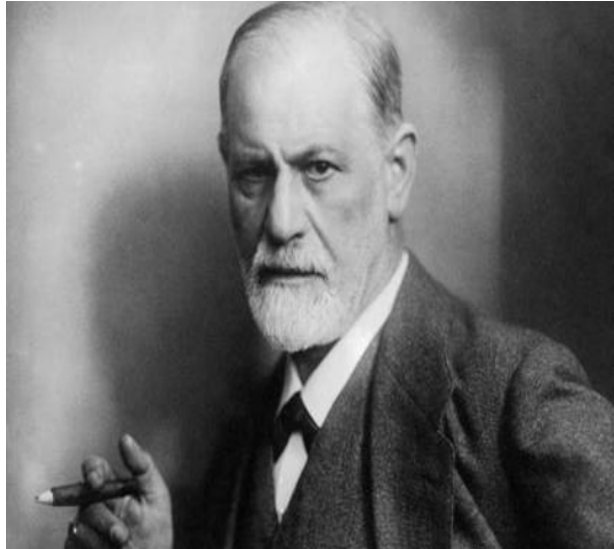


Chapter 9: The Psychology of the Unconscious

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Overview

- Introduction
- Freud and Scientific Psychology
- The Formation of Psychoanalysis: 1884-1899
- Classical Psychoanalysis (1900-1919)
- Revising and Extending Psychoanalysis: 1920-1939
- The Fate of Psychoanalysis



Sigmund Freud (1856-1939)

Introduction

Psychology of Consciousness

- Studied normal, adult mind through introspection.
- Wanted to make an experimental science out of philosophers' traditional questions and theories.

Psychology of the Unconscious

- Freud studied abnormal minds through therapeutic talk sessions.
- Thought consciousness was "a self-deceiving puppet of disgusting, primal impulses it dared not acknowledge".

Introduction

- Freud did not perform experiments.
- He used patients' symptoms, dreams, and therapeutic talk to look for unconscious childhood and evolutionary experiences.
- Called himself a conquistador, aka. adventurer.
- Curious, daring, tenacious.
- Thought adventurers would only be admired if they were successful or discovered something.

Freud and Scientific Psychology

- Three great blows to human self-esteem:
 1. Copernicus' demonstration that humans are not at the center of the universe.
 2. Darwin's demonstration that humans are part of nature, just like any other animal.
 3. Freud's demonstration that the human ego is not master in its own house.

Freud and Academic Psychology

- Academic psychology has mostly ignored or rejected psychoanalysis.
- Psychology of consciousness rejected existence of unconscious.
- Behaviourists rejected existence of mind.
- Psychoanalysis developed as a branch of medicine, and only psychiatrists could be trained in psychoanalysis.

Freud and Experimental Method

- Considered psychoanalysis a science like any other, but did not try to study the unconscious experimentally.
- Analytic session was scientifically valid method of investigation.
- Patients' talk was scientific data.
- Therapy is only effective if scientific theory from which it was derived was true.
- If therapy was effective, psychoanalytic theory must be true.



Psychoanalytic Session

Freud and Biology

- Two reasons for approaching psychology through physiology:
 1. Therapeutic findings could elaborate a neurophysiological theory of mind and behaviour, and develop a universal truth.
 2. Thought neuroses were neural disorders and physical symptoms of hysteria stemmed from unknown disorder of the nervous system.

The “Project for a Scientific Psychology”

- Developed theory of mind in entirely physiological and quantitative terms.
- Example: Unpleasant tension buildup at barriers between neurons. Discharge of tension across barrier felt as pleasure. Results in motivation.

The “Project for a Scientific Psychology”

- Thought manuscript was flawed and did not complete it.
- Undertook a “heroic” self-analysis.
- Found that causes of behaviour are psychological events occurring in a psychological unconscious.
- Theories became more psychological.

The “Project for a Scientific Psychology”

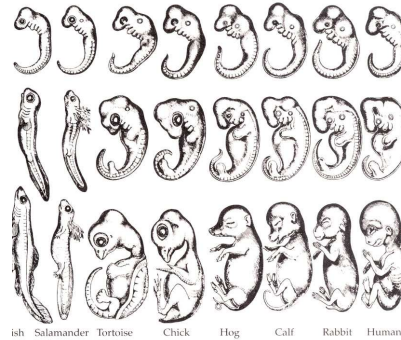
- Distinguished actual neuroses from psychoneuroses.
- Actual neuroses: True physical disease caused by “excess or deficiency of certain nerve poisons”, typically caused by masturbation.
- Psychoneuroses: Includes hysteria. Psychogenic causes that depend on the operation of the unconscious.

Freud, Evolutionary Biology and the Turn to Sexuality

- Freud always believed that childhood neurotic symptoms find their cause in a childhood trauma or disgusting thought
- Event or thought lies dormant in childhood and is unconsciously reawakened years later
- Freud turned from mechanistic physiological biology to Lamarckian evolutionary biology
- Explanation of psychological development was based on the “Biogenetic Law”

Biogenetic Law

- Ernest Haeckel (1834-1919) - Darwinian
- Also called Theory of Recapitulation
- “Ontogeny recapitulates phylogeny.”
- Embryological development of any creature repeats its species evolutionary path
- A human fetus passes through an amphibian stage, a reptile stage, a simple mammal stage, and so on until it resembles a miniature human being



Freud and Biogenetic Law

- According to Freud, the stages of psychosexual development are repetitions of our predecessor species' sex lives
- Freud thought that this theory was capable of explaining the delay between the events that caused hysteria and its manifestations in symptoms
- Claimed sexual abuse of young children to cause hysteria later in life
- Symptoms appeared in adulthood when sexuality was developmentally appropriate

Sex Instinct

- Biological notion Freud used to explain human development and behaviour
- Sex could contribute to a universal and naturalistic psychology because it is not cultural or species specific
- List of biological needs for animals: hunger, thirst, self-preservation and sex
- Animals behave to directly fulfill at least one of these needs
- Humans do not appear to directly fulfill these needs (build cathedrals, paint pictures and write novels)

Sex Instinct

- Human behavior not directly caused by the biological list of drives was indirectly caused by them
- Satisfying hunger, thirst and self preservation is necessary for the survival of an organism
- Organisms do not have to satisfy sexual desires in order to survive

Sex Instinct

- Sexuality is the biological need most capable of being displaced from sexual satisfaction into more socially acceptable and creative activity or into neuroses
- Sexual abstinence and masturbation are wrong sexual practices and generate the “nerve poisons” that cause neuroses

Freud the Sexual Reformer

- Freud deemed sex as being the main drive in human life
- “Discovered” that childhood sexuality is the root cause of neuroses
- Nineteenth centuries’ economic struggle with sexuality
 - No birth control
 - Transition from rural to industrialized economies

The Cost of Sexuality

- Majority of Freud's patients were middle class status in an industrialized society
- Large number of children would be an economic burden
- Repress sexuality so that you were able to maintain standard of living and societal morals



Cost of Sexuality

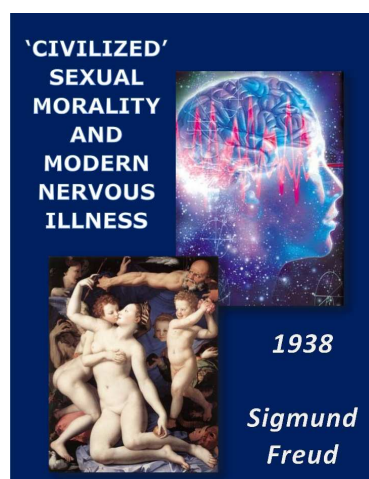
- The children of lower classes contributed financially to their families
- Lower class citizens were not sexually inhibited and did not suffer from neurosis
- Freud described two cases
 - Caretaker's daughter free from neurosis
 - Landlord's daughter became neurotic

Freud the Sexual Reformer

- Middle class struggle for control over sexual desires
- Prostitution was rampant
- Men were taught to believe that woman had no sexual feelings
- Freud sided with the movement of sexual reform led by Havelock Ellis
- “Legalization of the relations between the sexes outside of marriage...”

Freud the Sexual Reformer

- Effects of civilized marriage
- Men become impotent or “in desirably immoral”
- Woman suffer from double standard and become ill
- Sex was the root of his patients’ problems



Hysteria



Hysteria

- Most common “neurotic” disorder.
- Hyster: Greek word for womb.
- Signs and symptoms varied; called hysterical.
- Descendent now called “Conversion Reaction” scarcely exists.
- Before scientific advance viewed as moral failing; weakness of will or possession by evil spirits.

How Hysteria Started

- 19th century medicine focused on science, linking illnesses to underlying pathologies.
- Hysteria became dumping ground for illnesses with no pathological link and diseases not yet recognized.
 - Syphilis: early symptoms in the genitals leading to attack on the brain and NS without treatment.

Hysteria Symptoms

- Including but not limited to:
 - Nervousness
 - Hallucinations
 - Emotional outbursts
 - Various sexual urges
 - Paralysis
 - Changes in speech/hearing

Treatments for Hysteria

- Physical etiology/physical treatment:
 - Electrotherapy
 - Suffocation
 - Beating with wet towels
 - Ridicule
 - Icy showers
 - Insertion of tubes in rectum
 - Hot irons on spine
 - Ovariectomies
 - Cauterization of clitoris



Treatments for Hysteria cont'd

- Faradization: naked patient seated in water with feet on negative electrodes while physician probed the body from head to toe with positive electrodes. Lasted up to 20 minutes. Could cause dizziness, burns and or defecation.
 - Note: Some treatments for male disorders sometimes included cauterization of genitalia.

Hysteria Changing

- Jean Martin Charcot (1825-1893) was the first to propose a psychological source for hysteria.
- He believed that it was not only a blow to the head that caused symptoms but a mental lesion.
- This idea extended hysteria to men.

Hysteria Changing cont'd

- After working with Charcot, Freud brought this idea back to Vienna (1886).
- Freud believed it had a single underlying pathology; traumatic shock to a hereditarily weak nervous system.
- He said it was a disease awaiting a precise description and effective cure.

Hysteria and Hypnotism

- Charcot and Freud believed hypnotism was a treatment that led to a genuine altered state of consciousness.
- Nancy school of hypnotism stated it only required a high level of susceptibility to suggestion.
- Similarly, many historians say hysteria was a social role scripted by medicine and adopted by patients.



Hysteria and Psychology

- Psychological science is a quest to discover human nature, but human nature does not exist entirely apart from human society.
- Expectation creates reality that confirms expectation and in psychology what's called human nature may create cultural scripts that guide people and lead to universal truths.

Studies in Hysteria

- After working with Charcot, Freud collaborated with Joseph Breuer (1842-1925) to investigate hysteria and hypnosis.
- Anna O. was a middle aged woman who fell prey to hysteria.
- Her symptoms included minor paralysis and difficulty in speaking and hearing.

Hysteria and Anna O.

- Breuer found that autohypnosis and talking about her symptoms brought her some symptomatic relief.



Unfortunately, despite Freud's claims, there was no continued improvement. She was even hospitalized at one point.

Hysteria and Anna O. cont'd

- In a way, Anna invented psychotherapy; she set her own timetable for therapy, placed herself in hypnosis and led herself to the precipitating causes of her symptoms.
- Called "the talking cure."
- Became the founder of social work in Germany.
- No kind words for psychoanalysis.

Freud's Study of Hysteria

- Although he was not a part of Anna O's story, Freud urged Breuer to use her case as the centerpiece of a theory about the causes and cures of hysteria.
 - *"Hysterical symptoms are related sometimes clearly, sometimes in symbolic disguise, to a determined psychic trauma."*

Freud's Study of Hysteria

- According to Freud, hysterics fall ill because they suffer from reminiscences, in which they suppress emotions instead of working through negative emotions. This results in a strangulated affect that survives in the unconscious as symptoms.

Freud's Study of Hysteria

- Through hypnosis the experience is re-lived, unstrangling the affect, so the symptom disappears.
- Freud discovered that hypnosis is not the only way to accomplish this.
- Sessions of talking guided by therapists.
- Marks the beginning of psychoanalysis - a new nonhypnotic technique - in 1896.

Freud's Study of Hysteria

- Freud continued searching for a one-to-one match between a set of symptoms and a single underlying cause.
- He pushed his patients to participate in his theories:
 - *"She is beyond any possibility of therapy, but it is still her duty to sacrifice herself to science."*



The Seduction Error and the Creation of Psychoanalysis

- Abandoned seduction theory of hysteria: Hysteria caused by childhood sexual seduction by father.
- Replaced with Oedipus complex: Child's desire to have sexual relations with parent of opposite sex.
- Patients' stories were unconscious *phantasies* of sexual relations with parent of opposite sex.

The Curious Episode of the Seduction Error

- Four reasons for abandoning seduction theory:
 1. Only a true theory of mind could cure psychopathology, and not all patients were cured.
 2. Fathers must be accused of abuse. Hysteria was common, but child abuse was unlikely to be as common.

The Curious Episode of the Seduction Error

- Four reasons for abandoning seduction theory:
 3. The unconscious cannot distinguish between truth and fiction, and mistakes childhood phantasies as real events.
 4. Believed repressive defenses break down in dementia and memories and wishes are revealed, but this was not the case.

What Really Happened

- Freud claimed that his female patients were seduced by their fathers
- Publications did not reveal that his patient's seducers were their own parents
 - reported to be other children, tutors, governesses or distant adult relatives
- Therapeutic technique based on childhood sexuality and a single traumatic cause of hysteria
- Freud was aggressive and directive in encouraging his patients to report cases of early sexual abuse

What Really Happened

- Freud realized that the seduction stories were false
- Maintained psychoanalytic therapy by inventing Oedipus complex and childhood sexuality
- Seduction stories about patients' outer lives as children are admitted to be false
- Psychoanalysis turned to focus on the inner life of a human being
- Speculation that Freud got his idea of childhood sexuality from Fliess

Fliess

- Biorhythms: 23 day male and 28 day female mathematical cycles predicting aspects of a persons life
- Nose plays important role in regulation of human sexual life
- Sexual problems (e.g. masturbation) could be cured by surgery on the nose
- Created the idea of childhood sexuality from observation of his own children
- Fliess ends relationship with Freud because he is not getting credit for his ideas

Consequences of the Seduction Episode: Phantasy Trumps Reality

- Located causes of neurotic suffering in patients mental lives
- Freud blamed as being insensitive
- Two cases reflecting this new attitude: Emma Eckstein and Dora

Emma Eckstein

- Suffered from stomach pains and menstrual irregularities
- Masturbation caused menstrual problems
- Nasal surgery would eliminate masturbation and problems associated with it
- Fliess performed nasal surgery resulting in considerable side effects such as pain, bleeding and almost death
- Concluded Eckstein's bleeding was psychological, "due to wishes" and the origins of her suffering were in her mind not her injured nose



Dora

- "Fragment of Analysis of a Case of Hysteria" case study
- suffering from neurotic symptoms: shortness of breath and a cough
- Her father's affair with Frau K
- Herr K's attempts to force himself on Dora resulted in "unpleasurable feelings of disgust"



Dora

- Freud was aggressive therapist, pushing all responsibility for hysteria onto his patient
- Absurd interpretations of all Dora's actions during therapy
 - E.g. playing with purse represented desire to masturbate
- Dora abandoned therapy
- Freud proposed that Dora transferred her sexual desires for Herr K to Freud
- Did not consider outside factors such as family issues during treatment

Classical Psychoanalysis (1900-1919)

- Freud published works that turned psychoanalysis into international movement.
- He created *The Interpretation of Dreams* (1900)
- Freud called this his masterpiece
- He hoped someday a plaque would be erected in his name saying "The Secret of Dreams was revealed to Sigmund Freud."

The Interpretation of Dreams

- Freud said a dream is not a meaningless collection of experiences, but “the royal road to the unconscious...a clue to the innermost recesses of personality.”
- He agreed with poets and shamans that dreams are symbolic statements of a reality unavailable to waking experience.

Freud’s Dream Theory

- We all carry repressed desires.
- As long as we are awake, our ego (conscious self), represses these wishes.
- During sleep consciousness lapses and repression weakens.
- He said dreams were hallucinatory, disguised expressions of repressed ideas.

Freud's Dream Theory

- If we can decipher a dream and retrieve its meaning, we will have recovered a piece of the repressed material that makes us neurotic.
- Dreams and hysteria have same origin; symbolic representations of repressed desires.

Three Essays on the Theory of Sexuality (1905)

- Ideas of childhood sexuality and Oedipus Complex made public in 3 brief lectures.
- All human motives shared with animals:
 - Sex
 - Hunger
 - Thirst
 - Self-defense
 - Later added aggression

1st Essay

- Something innate in every person behind perversions.
- All neuroses have a sexual basis and arise from inability to deal with sexuality.

2nd Essay

- Infantile sexuality
- Freud introduced the world to the idea of the Oedipus Concept that was developed during the episode of the seduction mistake.

3rd Essay

- Adult sexuality
- Begins in puberty when maturational changes reawaken and transmute dormant sexual instincts.
- At this time sexual desire in a healthy person directed to opposite sex and reproductive intercourse becomes the goal.

3rd Essay

- Neurotic overcome by adult sexual demand and converts needs into symptoms.
- Raising a non-neurotic and non-perverse child extraordinarily difficult.
- Led to increased use of applied psychology by parents needing guidance raising their children.

Two Theories of Mind by Freud

- Topographical model: views mind as a space in which ideas move between consciousness and unconsciousness.
- Theory keeping with German tradition of Leibniz and Kant: mental life beyond introspection, a realm of mind apart from consciousness.

Franz Brentano

- Freud's instructor in philosophy.
- Rejected the unconscious.
- The ideas in consciousness were exactly what they appeared to be; not compounded by hidden mental machinery.

William James

- Consciousness is a brain process and we are not aware of the states of our brain.
- Memories not now present in consciousness exist as tracks in brain, awaiting activation.
- Hypnotism and existence of multiple personalities may be explained by dissociation of consciousness.
- Because it lies outside inspection, it can become a “convenient vehicle to construct untestable theories.

The Unconscious (1915b)

- Freud’s conception of the unconscious mind by two main arguments:
 - Claim for therapeutic success of psychoanalysis. Therapy will work if and only if it is based on a true theory of mind.
 - Based on philosophical issue of other minds raised by Descartes. Just as we infer the presence of mind in other people and animals from “observable utterances and actions,” we should for ourselves too.

The Unconscious

- All thoughts first registered in unconscious where they are tested for acceptability to consciousness.
- Perceptions and thoughts passing censorship test may become conscious.
- Wishes that are repugnant are powerful but forced to remain in unconscious; actively prevented from entering the conscious.

Revising and Extending Psychoanalysis (1920-1939)

- In 1920's Freud revised his theory of motivation and personality in drastic ways.
- Working hypothesis: there exists two groups of "primal instincts," the ego or self-preservative instincts and the sexual instincts.
- Argument based on two conceptions.

Two Conceptions

- Instincts as drives
- Behaviors motivated by drive reduction

Unsatisfied instincts give rise to states of arousal which the organism seeks to reduce by engaging in behavior that satisfies the instinct. Satisfaction is temporary so instinct must be satisfied again, creating “repetition cycle.”

Drive Toward Death and Life

- Ego instincts preserve life of individual and sexual instincts preserve life of species.
- Bundled together, called Eros (Greek for love)
- Death instinct or Thanatos (Greek for death)
- Mutually repressing
- Thanatos provides energy for ego to repress sexual wishes and Eros provides energy to repress death instinct from fulfilling its wish.

Aggression as Drive

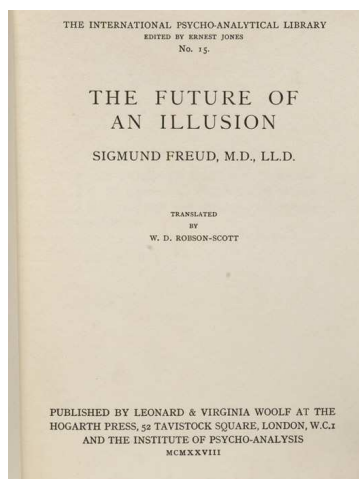
- Freud said later that aggression is an automatic drive in itself.
- Eros could repress Thanatos' suicidal aggression for a while but will result in aggression toward others.

New Theory of the Mind

- Personality said to be comprised of 3 distinct mental systems:
 - Innate, irrational and gratification-oriented
 - Learned, rational and reality-oriented
 - Moralistically irrational superego (censor)

Extensions: Freud's Answers to the Moral Question of the Enlightenment

- *The Future of an Illusion*
 - Religion is an illusion.
 - Based on childish feelings of helplessness and desire to be protected by an all-powerful God.
 - Dangerous because it stunts intellect.
 - Religion should be outgrown as scientific resources develop.



Extensions: Freud's Answers to the Moral Question of the Enlightenment

- *Civilization and its Discontents*
 - Strongest feelings of happiness come from direct satisfaction of our instinctual desires.
 - Civilization demands that we replace direct gratification with cultural activities.
 - However, civilization is necessary to restrain aggression and promote survival.
 - Civilization gives us security, art, science, philosophy, and technology.



The Fate of Psychoanalysis

Freudian Psychoanalysis and Science

Is psychoanalysis a science or pseudoscience?

- Debatable
- Positivists had trouble believing psychoanalysis was a science
- Karl Popper regarded psychoanalysis as a pseudoscience
- Popper created the principle of falsifiability by separating genuine scientific viewpoints from those that merely pretended to be scientific
 - To be scientific, a theory must make predictions that can be proven to be wrong

Is psychoanalysis a science or pseudoscience?

- Popper said that psychoanalysts were able to explain any behavior regardless if it was consistent with psychoanalysis or not
 - E.g. fumbling around purse (symbolic masturbation)
- Sidney Hook asked numerous psychoanalysts to describe a person without an Oedipus complex- he did not receive satisfactory replies

The Tally Argument

- Adolf Grunbaun says that Freud proposed tests by which psychoanalysis might be falsified; "Tally Argument"
- Freud said only psychoanalysis could provide real cures for neuroses because only it could find inner wishes and thoughts that "tallied" with symptoms.
- Since the T.A. is falsifiable, psychoanalysis is a science.

Psychoanalysis as Science

- The important question becomes:
 - Are the claims true or false?
- To be true, psychoanalysis must demonstrate unique therapeutic success.
- If behavioral therapy worked just as well, it would be the preference.
- Later studies provide no evidence that it is a uniquely effective therapy.

The Wolf Man

- Patient of Freud's who repeatedly dreamed about seeing wolves.
- Speaks of his experience with psychoanalysis:
 - "The whole thing looks like a catastrophe...Freud's own cases were largely unsuccessful."

The Dilemma

- Either psychoanalysis cannot be tested, in which case it is a pseudoscience, or it can be tested, in which case it is at best a very poor science.



Psychoanalysis After Freud

- Freud had many followers, but the most important ones either abandoned psychoanalysis or were expelled.
- Many challengers rejected his excessive emphasis on sexuality.
- Carl Gustav Jung: Most important dissident follower. Was more influenced by religious and moral concerns.

Psychoanalysis After Freud

- Followed two trends:
- Focused less on instincts and more on the self.
 - Pathology occurs when self and not-self are not properly differentiated.
- Accepted Popper's conclusions that psychoanalysis is a pseudoscience.
 - Freud used literary methods to interpret dreams.
 - Jung used interpretation to look for universal patterns of symbolism across history and cultures.

Psychoanalysis After Freud

- Freud tried to make a science based on his conversations with patients.
- Psychotherapists know their patients as individuals with names, stories, and problems.
- Scientific psychologists know their subjects and impersonal human beings.
- Today, many therapists see therapy as constructing a story of the patient's life that resolves the past and enables the future.

Conclusion

- Freud had many controversial but influential theories and ideas.
- He was one of the first scientists to use talking as a method of therapy.
- His “talking cure” for psychiatric disorders helped lead to the creation of clinical psychology in the 1940s.

Questions?